Throwing and Catching Activities

1. Throw a ball into the air and catch it with two-hands ten times in a row after three practices.
2. Throw a ball into the air and catch it with one-hand five times in a row after three practices.
3. Play a game of Donkey with beanbag to throw and catch.
4. With a partner, bounce a large ball over and back to each other and successfully catch ten balls in a row.
5. With a partner bounce a small ball and make five successful catches in a row.
6. With a partner throw and catch ten balls while kneeling on the floor and practice moving their bodies to catch the ball.
7. With a partner, bounce a large ball over and back to each other and successfully catch ten balls in a row.
8. With a partner bounce a small ball and make five successful catches in a row.
9. With a partner throw and catch ten balls while kneeling on the floor and practice moving their bodies to catch the ball.
10. Play a game of Piggy in the Middle.

